

# DERMAVISAGE

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## REFERENCE MANUAL

INCORPORATING MODELS CC3040 | CC3045 | CC3050

CARLTON PROFESSIONAL

Setting the standard in electrotherapy equipment

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**CARLTON PROFESSIONAL**


Setting the standard in electrotherapy equipment

# Welcome to Carlton Professional

**Our business has manufactured professional beauty therapy equipment and furniture in the UK in our Sussex factory for over 40 years. In that time, our production has been used in the best training colleges around the world and many of the world's leading salons and spas.**

Our range continues to evolve, with the addition of the very latest Carlton 'Concept' machines, that have seen the latest technologies of Radio Frequency and Electroporation added to our extensive range of treatment options. Our treatment product range that include specialist ampoules, ionised gels and serums, alongside pre and post treatment products perfected for every client, make Carlton Professional an affordable and profitable option for every salon and spa.





By partnering with **Carlton Professional**, you will have the support you need to grow as an aesthetic therapist, and as a business.



Feel reassured about gaining insurance cover, receive adequate knowledge and training, offer clients cutting edge technology, and receive the support you need as a therapist.



At Carlton Professional we offer you finance opportunities on purchasing, full training with purchases, Marketing support and help, launch event, ongoing events.



Be sure to book your launch event in today to help get your Carlton Professional treatment courses selling, and your clients looking fabulous!

We consider a purchase from Carlton Professional to be the beginning of a valued partnership

# Why our stockists choose Carlton Professional

## **Carlton** team

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A team passionate about creating excellent products and delivering a great service

## **Carlton** quality in product manufacturing

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Innovative, user-friendly products based on international scientific research.

In-house research & development creating advanced products that deliver results.

Use of high-grade raw materials and concentrated active ingredients.  
No animal testing. Mineral Oil, Lanolin, Artificial Fragrance and Formaldehyde are Not used in our products.

Insistence on highest standards of manufacturing practice and quality control.

## **Carlton** professional training

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Education and support from dedicated training professionals.

Access to first rate training materials and literature.

Additional online support offered via interactive website

## **Carlton** pricing

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Highly attractive profit margins on retail products and professional treatments, making it a very viable business proposition.

## Support for your **Carlton** business

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Regular newsletters.

Access to a dedicated business website.

Advice on your salon via our consultation service.

## **Carlton** promotional strategies & marketing materials

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Sophisticated high profile marketing campaigns.

Great range of branded goods, as well as training and marketing materials.

Flexible systems which can be adapted depending on the salon space available.

Free samples with selected purchases.





# The structure of the skin

It is estimated that our skin is made up of around 70 trillion skin cells making it the largest organ of the body. It gives us our shape by supporting all of our internal organs, bones and blood and provides a waterproof covering. The thickness of the skin can vary, the thinnest skin is around the eyes and eyelids, and is approximately 0.5mm, the thickest skin is found on the soles of the feet and can be up to 4mm in thickness. The epidermis is a vascular, nourished by diffusion from the dermis below it.

## Skin Structure - Epidermis

**The epidermis** is made up of six layers, each plays a different part, and these layers are called

**Stratum Germinativum** – This is the deepest layer of the epidermis, also known as the Stratum Basale. It is within this layer that a process called mitosis takes place. Mitosis means cell division and that's exactly what happens, the cells divide making more new fresh, plump cells, it is here when the cell are first created that they are at their most receptive. As this process of mitosis happens, the older cells start to move upwards through the layers towards the surface. In this layer, blood vessels connect to the dermis and this is where, through deep product penetration to the epidermis, we are able to communicate with the dermis via this layer. The Stratum Germinativum also contains melanocytes; these are melanin producing cells which provide the body its natural protection against harmful UV rays.

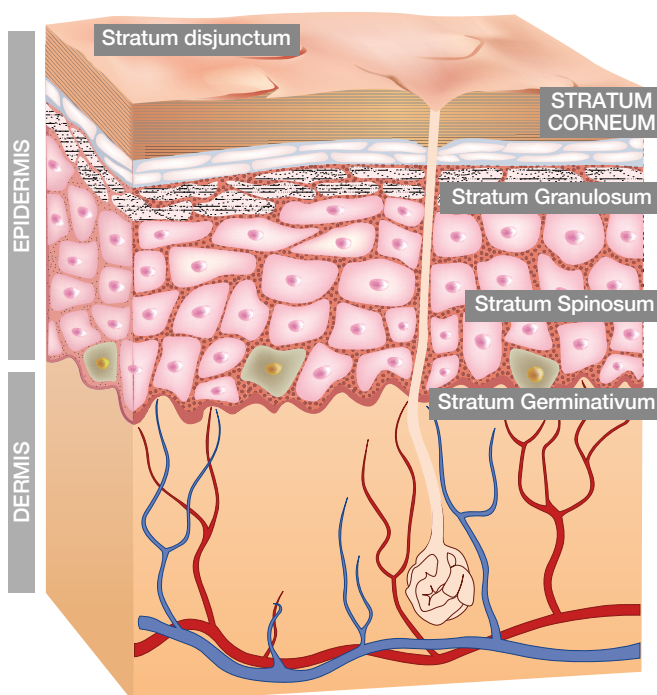
**Stratum Spinosum**– This is where the first stage of keratinisation takes place. Cells are pushed up from the Stratum Germinativum and begin to flatten slightly then start to synthesis keratin. This layer is also known as the prickly cell layer. Lipids are present in this layer; these lipids create a hydrolipidic barrier between the Stratum Granulosum and the Stratum Lucidum, which prevents dehydration.

**Stratum Granulosum** – Also called the granular layer, it is in this layer that keratinisation continues, the nucleus within the cells become void and starts to fill with keratin. The cells flatten further and continue to move up into the next layer.

**Stratum Lucidum** – This is a clear layer and has 2-3 layers of irregular clear flat cells. The Stratum Lucidum only tends to be found in thicker skin, therefore is commonly found on the soles of the feet and the palms of the hands.

**Stratum Corneum** - This layer is made up of between 15-20 layers of completely flattened cells, these cells are full of the protein keratin. This is the last part of the life cycle of the cell, which will eventually be shed from the skins surface. The keratin within these flattened cells, help to absorb water helping to keep the skin hydrated and preventing water from evaporating.

**The Stratum disjunctum** - This is the outer most layer and is part of the stratum corneum. The dead skin cells from this layer shed naturally over time. We lose between 30,000-40,000 dead skin cells from this surface daily, therefore the skin is constantly renewing itself. The desquamation process unfortunately slows over time the older we get.



The renewal of skin cells, or **Keratinisation**, on average takes 28 days, however, after the age of 36, your age represents the number of days the process of keratinisation takes.

## Function - Epidermis

The whole process of a single cell moving up through the layers of the skin, takes approximately 28 days.

The epidermis is connected to the dermis by an undulating surface, due to this undulating surface; it gives a larger surface area, where all biological changes and nutritional exchange can take place. As we age, the epidermis and dermis start to separate, therefore causing all chemical reactions and processes to slow down quite dramatically, a classic example of this would be skin healing. When we are young, if we cut or graze the skin, it heals very quickly without too much trouble, however as we age, the process of healing can take much longer, meaning the skin is susceptible to infection. Therefore as we age, it is even more important to ensure we are taking care of our skin and treating it correctly.

The epidermis has a chemical protection called the acid mantle on its surface. The acid mantle is made up of sweat and sebum and these acts as a fungal and bacterial deterrent. The acidity of the skin helps to neutralise the chemical effects of contaminants, this is why skincare products are slightly acidic so as not to disrupt the skin's balance. Free radicals constantly attack our skin and can weaken this natural barrier; this is why it is so important to protect our skins from the sun.

## Skin Structure - The Dermis

Within the dermis there are two layers, the lower layer is called the reticular layer, it is this layer that gives the skin its overall strength and elasticity, it has coarser elastin fibres and denser collagen bundles.

Above the reticular layer is called the papillary layer. This layer contains smaller looser collagen and elastin fibres. This layer has a rich blood supply and nerve supply which provides the basal layer (or Stratum Germinativum) of the epidermis with sensation and nutrients.

## Function - The Dermis

Within the dermis are a number of specialised cells, all with important functions to carry out. Eccrine glands are the primary sweat glands of the human body; they produce a clear, odourless substance consisting mainly of water. Hair follicles are also found in this layer, attached to the hair follicles are little muscles called erector pili, these muscles lift the hair when the body gets cold to trap warm air and retain heat, and as you would expect, the muscles relax to flatten the hair to cool the body.

Nerves are also located in the dermis and enable the body to respond to pain, temperature, touch and pressure.

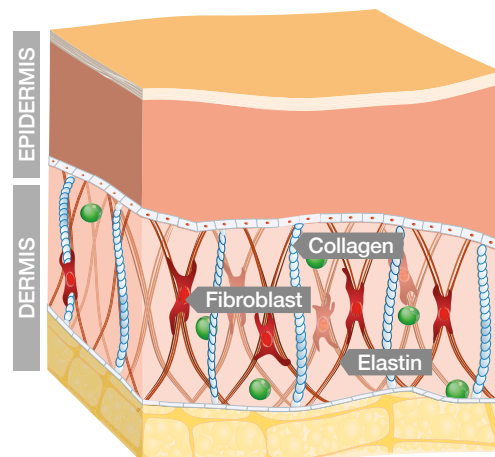
The proteins **collagen and elastin** are found in both layers of the dermis, but both have different effects on the body –

**Collagen** – Maintains the tone and structure of the skin because the molecules are rigid and

resistant to stretching. It is made up of three polypeptide chains wrapped around one another as a triple helix.

Collagen is formed in **fibroblasts** within the dermis, this can breakdown within the skin. The main cause of this is due to the enzyme Collagenase. This breaks down old collagen at a precise rate, however, this rate speeds up with sun damage, exposure to free radicals, age and UVA exposure (which is an inhibitor).

**Elastin** – Gives our skin resilience, keeping it toned, tight and springy. Like collagen it is produced by fibroblasts and forms a network of elastic tissue. The breakdown of elastin is what causes the skin to sag. Again, like collagen, elastin can also breakdown, the enzyme elastase is responsible for this breakdown under normal conditions, however with free radical attack, advanced ageing and sun exposure, this breaking down process will speed up resulting in an increased loss of elasticity within the skin.

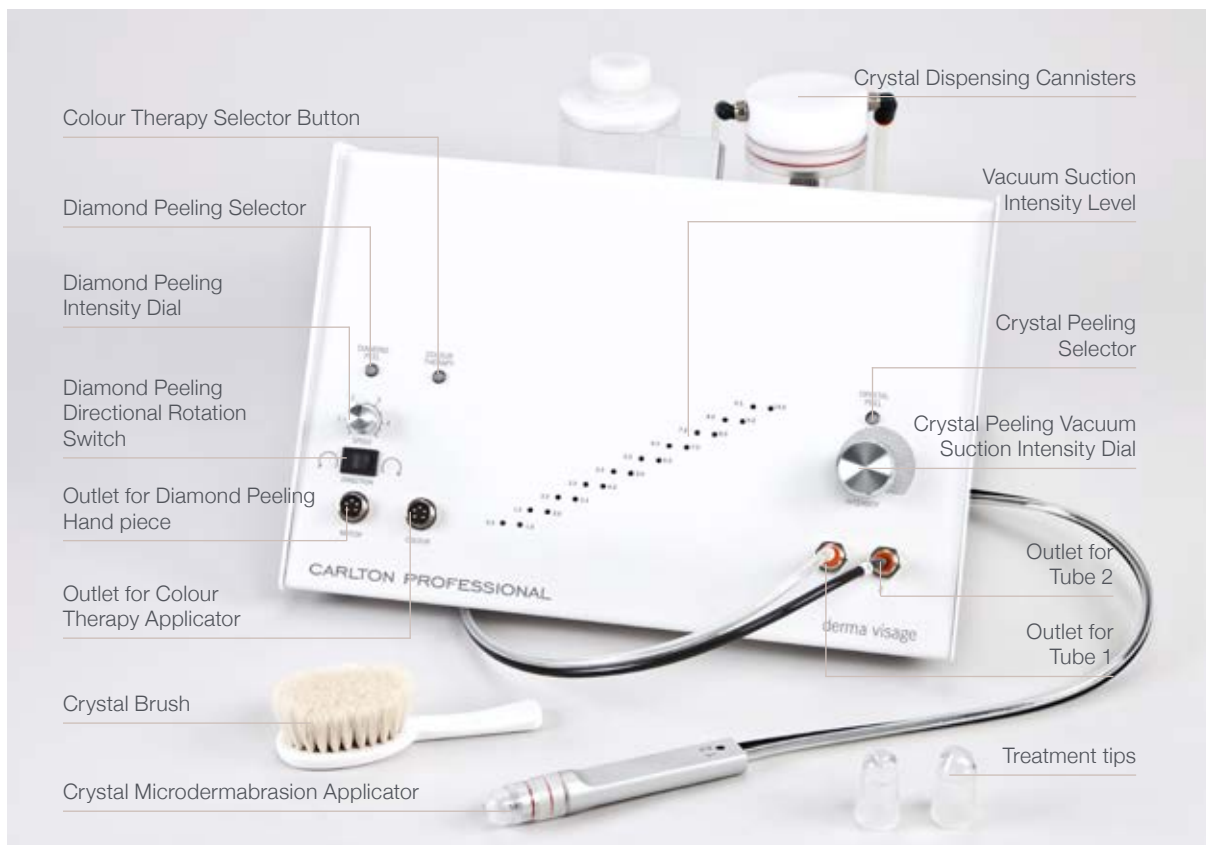




# Getting started with your Dermavisage

Your Dermavisage microdermabrasion machine is equipped with the most reliable and modern technology available, ensuring absolute safety and ease of use. It is a versatile unit capable of delivering a broad range of treatments utilising three applications Crystal Microdermabrasion, Diamond Peeling and Colour Therapy.

**Troubleshooting:** *If you have any problems with the Dermavisage unit please refer to the Troubleshooting documents provided with the unit instruction manual.*



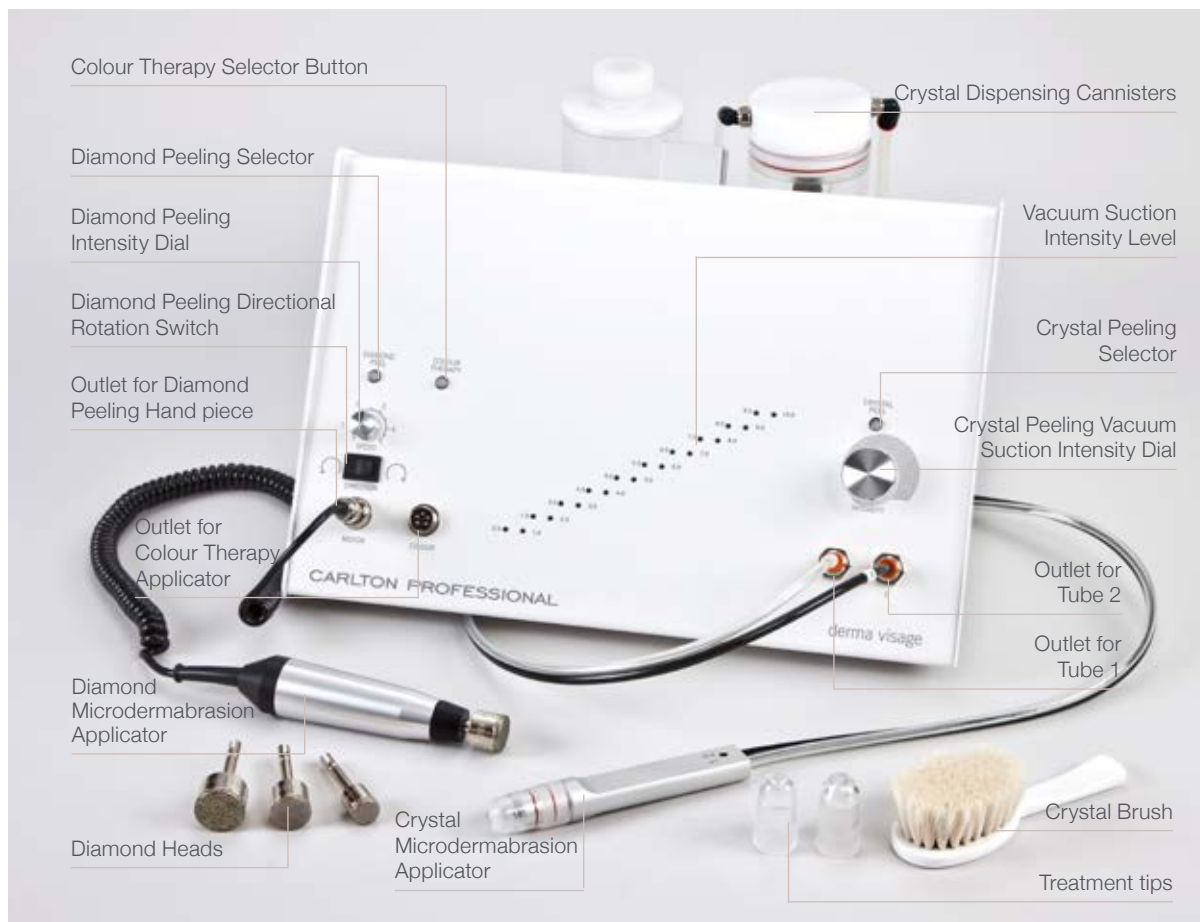
## CC3040 Dermavisage Crystal only

Traditional Microdermabrasion works using a controlled flow of ultra clean aluminium oxide crystals set in motion by vacuum created negative pressure. The crystals are applied to the skin with a special hand-piece, which allows the controlled and gentle removal of the dead cells from the Stratum Corneum of the epidermis. The same hand piece removes the used crystals and skin particles in a single process, and deposits them in a separate canister. Being absolutely inert there is no risk of crystal related side effects.

### Includes:

- 1x Crystals (1.5kg)
- 2x Packs of treatment tips
- 1x Set of basic treatment products
- 1x Crystal Brush

Learn more on  
**page**  
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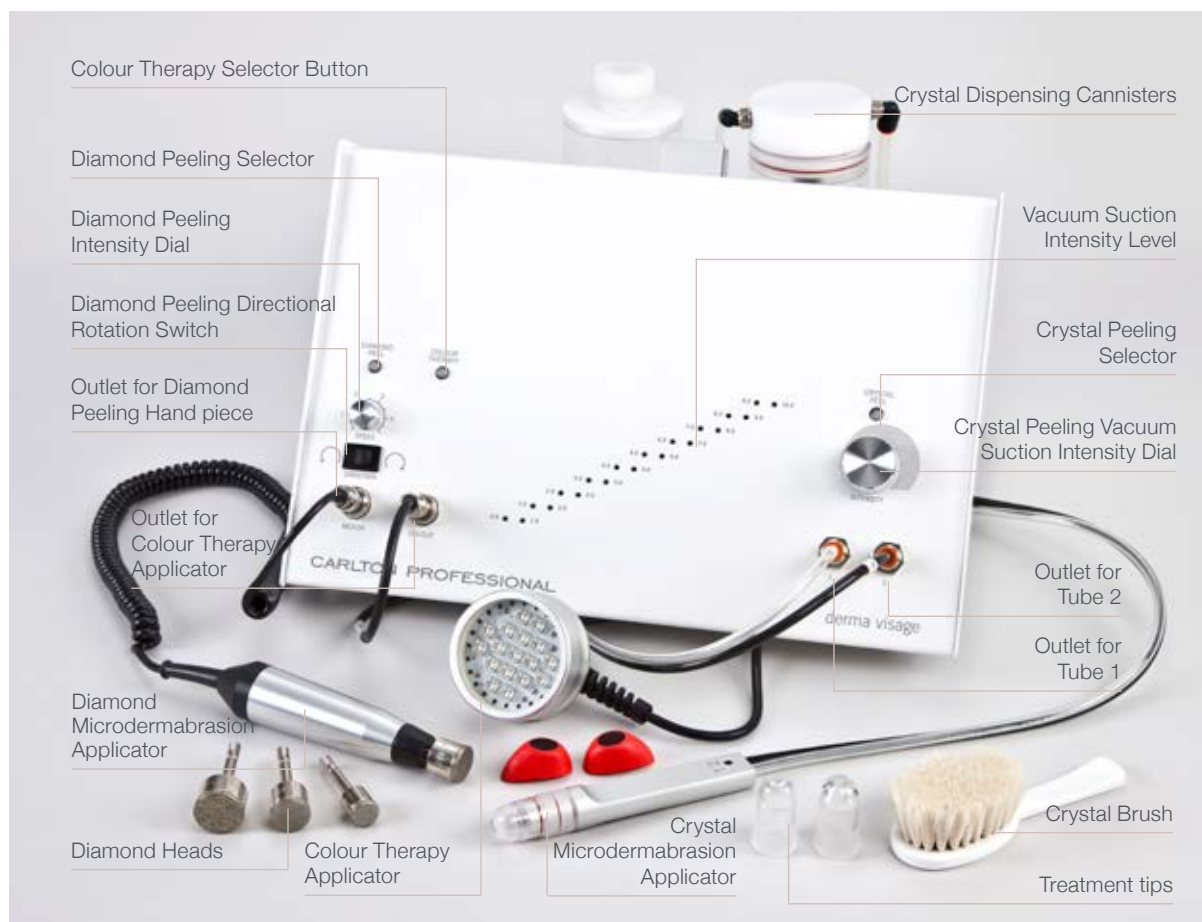
## CC3045 Dermavisage Crystal and Diamond

Diamond Microdermabrasion is designed to give regenerating, smoothing and anti-ageing effects to the facial tissues, as well as a unique and rapid treatment. There is no vacuum used, as there are no loose crystals to remove from the skin. The Diamond Peel is a mechanical peeling process. It involves no pain or recovery time, unlike laser or chemical peels, with no anaesthesia or irritation. The technique can help to reduce fine lines and acne scars, and refines the skin by exfoliating and loosening comedones. The Diamond Peel can be used on face, body, hands and feet to remove dull, dry skin.

### Includes:

- 1x Crystals (1.5kg)
- 2x Packets of treatment tips
- 1x 25mm dia. Diamond head #50
- 2x 20mm dia. Diamond heads #80
- 1x 15mm dia. Diamond head #120
- 1x Set of basic treatment products (5)
- 1x Crystal Brush

Learn more on  
**page**  
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## CC3050 Dermavision Crystal, Diamond and Colour Therapy

The Colour Therapy Applicator provides a state of the art, bespoke treatment; either alone, or combined with microdermabrasion. In the beauty and cosmetology industries, Chromatherapy is light therapy, where coloured lamps are used to stimulate and de-congest the skin and muscles. Different colours are used to either stimulate the circulation and lymphatic flow, or to calm and de-congest areas

### Includes:

- 1x Crystals (1.5kg)
- 2x Packets of treatment tips
- 1x 25mm dia. Diamond head #50
- 2x 20mm dia. Diamond heads #80
- 1x 15mm dia. Diamond head #120
- 1x Set of basic treatment products (5)
- 1x Crystal Brush
- 1x CC85 Colour Therapy Applicator

Learn more on  
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# Microdermabrasion

Controlled Microdermabrasion is a modern technique designed, with the help of a gentle, mechanical peeling process, to improve the skin's regenerative capabilities and to better control specific skin conditions. It has been used since the mid 1980's with great success by dermatologists and beauty therapists for the treatment of skin problems such as scar tissue, pigmentation abnormalities and acne to name but a few.

**No Pain:** without reaching the critical peeling depth microdermabrasion remains free of discomfort or pain.

**No allergy risk:** the aluminium oxide crystals and diamonds used are completely inert and cannot cause a reaction.

**No scars or pigmentation:** far from causing scars microdermabrasion is used to treat them. Pigmentation problems can occur only if the peeling depth reaches melanocytes in the base membrane. The base membrane is only reached during scar treatment.

The use of **aluminium oxide crystals** or different **diamond heads** enable the therapist to define exactly how deep to peel.

The nature of mechanical peeling process stimulates skin cells to begin a renewal process.

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Enhances cell division and migration

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Microdermabrasion increases the effectiveness of active ingredients used after the peeling procedure.

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Reduces and smooths the fine lines and wrinkles.

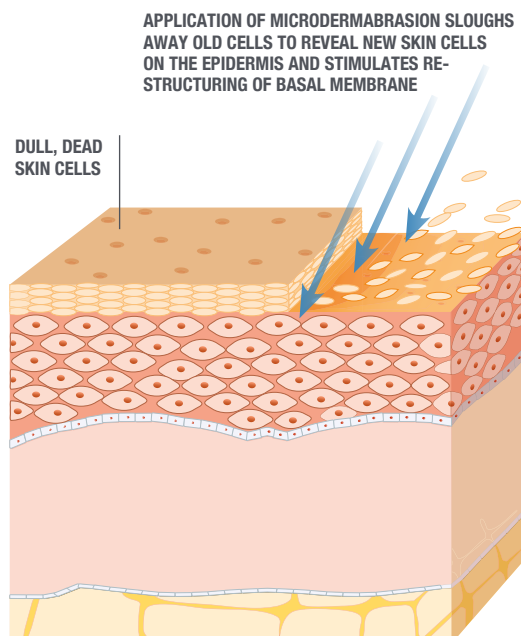
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# How does Microdermabrasion work on the skin?

The basic aim of Microdermabrasion is to restore the ideal balance between healthy, well functioning cells needed for a radiant appearance and the dead corneocytes needed for our protection from the environment.

The **Carlton Crystal Microdermabrasion** units work using controlled flow of ultra clean aluminium oxide crystals set in motion by vacuum created low pressure. The crystals are applied to the skin with a special hand piece. This same hand piece removes the used crystals and skin particles and deposits them in a separate crystal container.

The **Carlton Diamond Peeling** units use diamond heads, rotated onto the skin, which allows the controlled and gentle removal of the dead cells from the Stratum Corneum of the epidermis.



A “normal” healthy functioning skin should have approximately 65-70% living cells, and 25-30% Stratum Corneum.



# Aluminium Oxide Crystals or Diamond

## Aluminium Oxide

**Aluminium Oxide** is used because of the risk free nature of the material in connection with the dermatological environment and contact with the human body. It is possible to produce an extremely fine crystal that is highly effective in abrading the Stratum Corneum. Because the crystals are insoluble there is no danger of absorption by the skin and no risk of side effects.

Aluminium Oxide comes from a natural mineral called Bauxite, which is the second hardest substance to diamonds. It is mined in Asia, Australia and New Zealand. It is heated to a high temperature, and the Aluminium Oxide is separated off. Once cooled, it is made into crystals.

The crystals are not abrasive on their own. Therefore, we use vacuum suction to blast them onto the skin in order to make treatments effective.

Aluminium Oxide is non hazardous, even if ingested. The crystals are often used in whitening toothpastes and because aluminium oxide is a natural substance, used crystals can be disposed of with general household waste at the end of a treatment.

## Diamond heads

The **Diamond heads** used to perform microdermabrasion treatments are made with real diamonds embedded in a stainless steel surround. Diamonds are the hardest substance in the world, completely inert and cannot cause a reaction. The grit size and speed used can vary the treatment dramatically, from a very gentle treatment suited to a sensitive skin, to a deeply abrasive treatment suited to treating hard skin on the soles of the feet. It also provides a very cost effective way of providing Microdermabrasion.

### TREATMENT SUITABILITY

	CRYSTAL	DIAMOND
ONE OFF FACIALS	😊	😊
ANTI-AGEING FACIALS	😊	😊
PIGMENTATION	😊	😊
SCARRING	😊	🚫
STRETCH MARKS	😊	🚫
MANICURES	😊	😊😊
PEDICURES	😊	😊😊
OTHER BODY TREATMENTS	😊	😊😊



**Aluminium Oxide Crystal are not reusable**, as they will collect all the dead skin, milia, comedones etc from the treatment and it is not hygienic to do this.



### Aluminium Oxide Benefits

Crystals can be disposed of with no harm to the environment.

Man made from a natural substance

Inert ceramic material

Non-Toxic

Hypoallergenic

Insoluble

Completely SAFE!

### Diamond Benefits

Long-lasting heads; No replacements needed

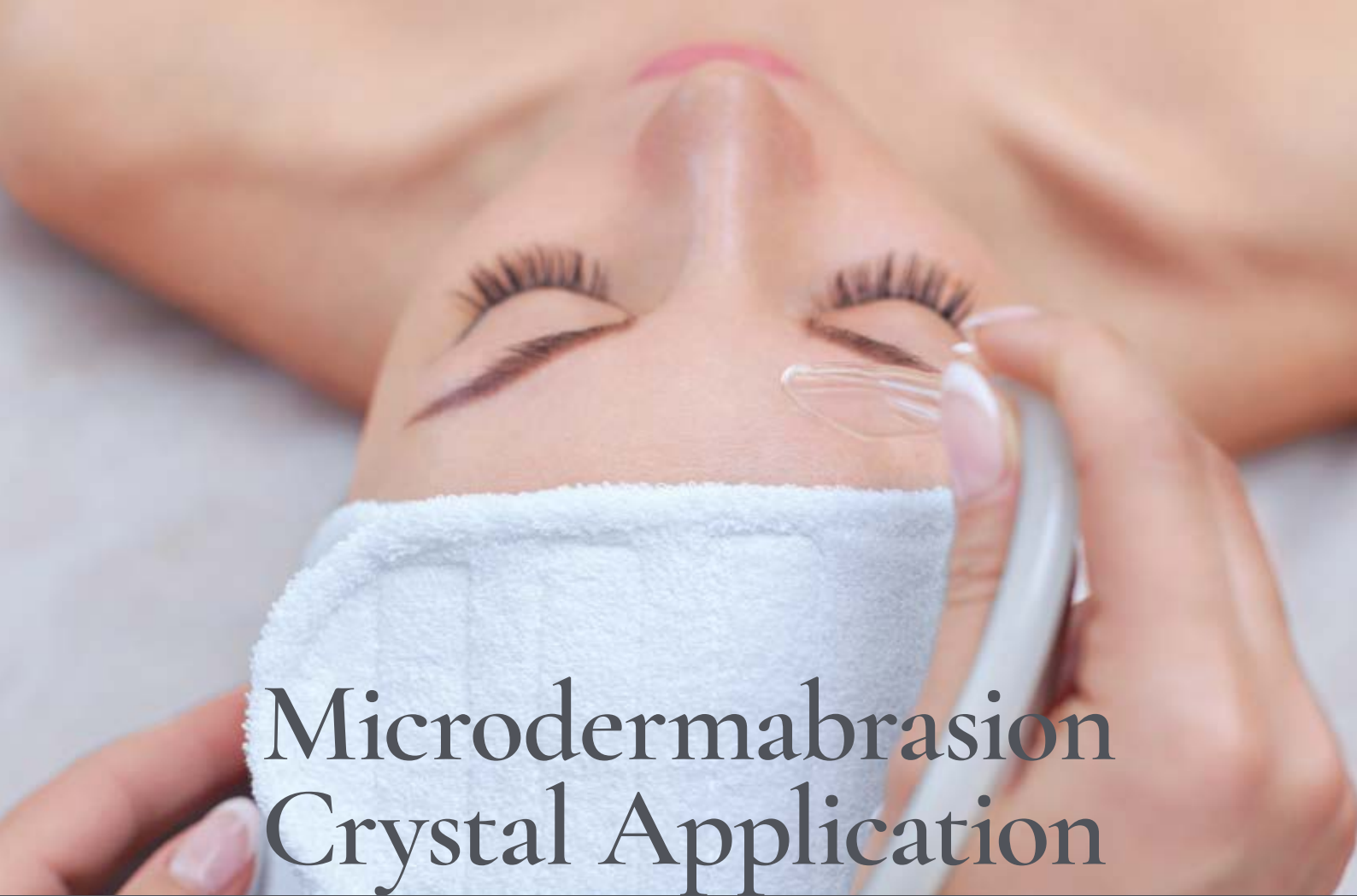
Comfortable, controllable treatment

Hypoallergenic

Insoluble

Non-Toxic

Completely SAFE!



# Microdermabrasion Crystal Application

## Recommended treatment areas

Facials

Fine Lines & Wrinkles

Loss of skin elasticity

Age spots

Hyperkeratosis

Sun damage

Pigmentation

Enlarged pores

In growing hairs

Acne scars

Facial and body scars

Stretch marks

## Benefits

Suitable for almost any skin type

Gentle Action

Offers instant results

Regenerates the skin

Brighten and Refines the skin

Increases circulation and reduces  
puffiness

Renews collagen

Aids lymphatic drainage

# Microdermabrasion Vacuum Settings

## Vacuum Suction Gauge:

Vacuum suction changes the atmospheric pressure in the unit.

To get a VS reading, always put your finger over the treatment tip.

The Dermavisage translates the Vacuum pressure into easily visible lights.

The pump is quicker to respond than the lights. When adjusting the VS, turn the dial slowly, and allow the lights to settle before working on the skin.



AMBER

**-0.5 to -3PSI Gentle;**

For general use on all skin types.



GREEN

**-3.5 to -7.5PSI Medium – Strong;**

For use on pigmentation, scarring, and stretch marks.



RED

**-8 to -10 PSI Maintenance Only.**

Never to be used on the skin.

**Lower Vacuum Suction = more gentle**

**Higher Vacuum Suction = harsher**



Therapists providing treatment should conduct a thorough consultation with clients and if they have any reservations about suitability for treatment should refer the client back to their G.P..



You can hear the change in the machine when turning the VS up.

The crystals will flow only when the hole is covered.

## Recommended Intensity Settings for Vacuum Suction:

SKIN TYPE	TREATMENT AREA	PSI
Normal Skin:	Neck	-2
	Chin and Cheek	-3
	Eyes	-2 to -1
	Nose and Forehead	-2 to -4
Sensitive Skin	All Areas	-2
Pigmentation/Scarring:	Affected Areas only	-5 to -6 (max)
Stretch marks:	Affected Areas only	-6 to -8 (max)

## Peeling Depth

The depth of peeling can be regulated in addition to the vacuum pressure by three other means:

**Running the treatment tip slowly over the skin.** The treatment is more intensive because the crystals work for a longer period on the same area.

**Running the treatment tip back and forth between two fingers placed on the skin.** This stops the skin being pushed and pulled with the movement of the treatment head.

**Multiple runs** over the same area.

# Microdermabrasion Essential Products

The application of skin active substances before and after a peeling is most important for a satisfactory treatment result.

## PRE-PEEL LOTION

**Active ingredients:** : Ethanol, Salicylic acid, Niacinamide, Sodium ascorbyl phosphate, Lecithin.

**Action:** Pre-Peel Lotion disinfects the skin and loosens corneous cells through keratolytic effect.

**Application:** Apply before each dermabrasion. Apply with a dry cotton disc to face and neck. Do not remove.

**Note:** The client has to close his/her eyes. It may cause tingling on the skin.

## EXFOLIATING ENZYME

**Active ingredients:** Fruit acids, papaya proteinase enzyme.

**Action:** Our Exfoliating Enzyme is the perfect alternative to a scrub for a deep thorough exfoliation. The Papaya fruit enzyme sets in motion a specific – and critical – skin care reaction – it unglues the bonds between dead skin cells, which causes dead skin to exfoliate and slough off. This clever and gentle chemical process does this without disrupting your skin's pH, so makes it perfect for sensitive skin. Tightening the pores and reviving the skins texture – leaving a complexion that is both dewy and glowing.

**Application:** Use 1-3 pumps avoiding the eye and lip area. Massage in and leave for 5-10 minutes. Remove with warm water. A slight tingling may be experienced.

## POST-PEEL LOTION

**Active ingredients:** Alcohol, Salicylic acid, Camphor, Allantoin

**Action:** Post-Peel Lotion is for disinfecting after cleansing acneic or blemished skin, but it should also be used after every Microdermabrasion treatment for disinfecting and calming the skin.

**Application:** After cleansing or Microdermabrasion apply Post-Peel Lotion using a cotton disc and go over the face or the areas which have been treated. Let skin dry (do not wash off) and continue the treatment.

## GALVANIC OXYCREME

**Active ingredients:** Hydrogen peroxide, allantoin.

**Action:** The active ingredient in this oxygen fluid is an H<sub>2</sub>O<sub>2</sub> compound. After penetration into the skin, this divides into free oxygen that penetrates into the cells and water that moisturises the cells. The allantoin has an anti-inflammatory effect, anti-irritating properties and cause an increased subcutaneous blood circulation.

**Application:** Apply the oxygen fluid in a thin coat with a mask brush, to the skin.

## OXYGENATING HIGH FREQUENCY CREAM

**Active ingredients:** Peroxidised Corn Seed Oil (Peroxidised Glycerides)

**Action:** The active ingredient in this oxygen fluid is an H<sub>2</sub>O<sub>2</sub> compound, that is a peroxidised glyceride. After penetration into the skin, the enzyme katalase divides the H<sub>2</sub>O<sub>2</sub> into free oxygen, that penetrates into the cells, and water, that moisturises the cells. The peroxidised glycerides in this product have an expressively anti inflammatory effect, anti-irritating properties and cause an increased subcutaneous blood circulation.

**Application:** Apply the oxygen fluid in a thin coat with a mask brush, to the skin.

**Sale Points:** Strong moisturiser. Brings free oxygen deep into the skin. Has an anti-irritant effect and is very well accepted by the skin. Wrinkles caused by dryness diminish.

**Note:** Apply the oxygen fluid first when combining the application with other creams. Allow it to penetrate briefly. Remove excessive product, then apply treatment cream. In rare cases (1%) a reddening of the skin can be observed. This is not an allergic reaction. This effect is due to the increased blood circulation in the skin and is thus a positive sign of the active improvement of the skin texture, especially in damaged areas. It disappears quickly thereafter.

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## HYDRATING MASK SPF15

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**Active ingredients:** Bilberry Extract, Horsetail Extract, Kaolin, Royal Jelly, Sodium PCA

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**Action:** A non-setting treatment to be used 2-3 times a week. The Hydrating Mask has been formulated to thoroughly condition skin leaving it looking and feeling refreshed and comforted. Created using an indulgent blend of natural ingredients including the calming properties of Geranium Essential Oil and Kaolin Clay to ensure skin is utterly cleansed and energised. This mask can be used overnight, simply massage into the skin until absorbed and wash off in the morning. Perfect for dry or sensitive skin types.

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**Application:** Apply the Hydrating Mask to the face and neck with fingertips or a brush and leave on for 10-15 minutes. Remove with warm water using sponges or cotton wool.

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**Sales Points:** provides a clearly visible effect of regeneration & calming. Especially suited for mature skin.

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## RECOVERY BALM

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**Active ingredients:** Bisabolol, Inulin, Alpha-glucan oligosaccharide, Octyldodecyl Stearoyl Stearate, Cassia Alata Leaf Extract, Shea Butter, Sodium Hyaluronate, Sodium Ascorbyl Phosphate, Tocopherol

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**Action:** This soothing Recovery Balm will provide efficient and effective relief to sensitised or stressed skin in need of comforting. With relaxing scents of Soft Rose and Bergamot Essential Oils to calm the senses and bursting with peptides to reduce redness and relieve irritations. Evening Primrose and Blackcurrant Seed oils ensure the natural barrier and lipid content is improved to leave skin feeling balanced and thoroughly hydrated. Perfect for all skin types.

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**Application:** Apply to the area being treated and lightly massage to aid penetration.

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## SUPER SERUM DAY

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**Active ingredients:** Cassia Alata Leaf Extract, Hyaluronic Microspheres, Biosaccharide Gum

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**Action:** A concentrated serum designed to re-educate and uplift the skin in every way, leaving it looking and feeling youthful and full of vitality. Created with a revolutionary blend of specific natural ingredients ensures that the skin will function more effectively, leaving it feeling thoroughly rejuvenated to give you an all-over healthy glow. The Super Serum Day guarantees to reduce the appearance of fine lines whilst evening the skin tone to maintain a balanced complexion all year round. Perfect for all skin types.

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**Application:** Gently massage two pumps of the serum into clean skin over the face and neck until completely absorbed.

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## RESTORING CREAM RICH

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**Active ingredients:** Hydroxyproline, Cassia Alata Leaf Extract, Panthenol, Vitamins A & E, Shea Butter

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**Action:** Promising to lift and tone mature skin, the luxuriously rich RENUSKIN Restoring Cream Rich gives skin an instant boost of radiance. An innovative blend of Evening Primrose and Rosehip oils combined with Wild Yam Extract and Vitamin C works to firm fine lines whilst plumping deeper wrinkles, providing the skin with the help it needs to maintain suppleness and elasticity. Skin is left thoroughly soft, hydrated and conditioned. Perfect for mature or dry skin

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**Application:** Apply Restoring Cream Rich to the face and neck using gentle upward movements.

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## HYDRATING MOISTURISER

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**Active ingredients:** Cassia Alata Leaf Extract, Biosaccharide Gum, Sodium Hyaluronate, Vitamin E

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**Action:** A lightweight moisturising lotion created to help hydrate the skin and balance the complexion whilst protecting it from the sun. Containing an innovative blend of Sodium Hyaluronate, Vitamin A and Zinc Oxide, Hydrating Moisturiser SPF 15 works to restore firmness and plumpness to the skin whilst smoothing the complexion and protecting from UV rays. Perfect for all skin types.

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**Application:** After cleansing and toning apply to face and neck using gentle upward movements, either use as your moisturiser or apply over the top of your existing moisturiser.

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## SKIN ACTIVATOR

**Active ingredients:** Aloe Vera

**Action:** A first aid kit in a bottle, the Skin Activator promises to enhance the penetration of other products. A multi-functional product that everyone can benefit from using, created with Aloe Vera for its healing properties. Skin looks and feels brighter, lighter and thoroughly conditioned. Perfect for all skin types.

**Application:** Apply onto clean skin after cleansing and toning, use 1-2 pumps and massage the gel into the skin using fingertips until the product is fully absorbed.

## POST ABRASION SOOTHING GEL

**Active ingredients:** Glycyrrhetin Acid - (sweet wood root). It has an anti-inflammatory effect like cortisone but without the cortisone side effects. Panthenol - increases the wound healing. Bioecolia - improves the skin flora. Hyaluronic acid produces moisture. Methylsilanol Mannurate (Extract of sea algae). Has a high hydrating effect to dry skin and regulates the water transport in the cells.

**Action:** This active agent combination in a soluble, grease-free gel foundation, eases the application after the Microdermabrasion has been carried out – especially with strong treatments. The synergy effects of the unique active ingredients further a quick regeneration of the tissue.

**Application:** Disinfect the treated skin with the Post Peel-lotion after carrying out the crystal Microdermabrasion. Apply the Post Abrasion Soothing Gel in a thin layer and let it dry. After a few minutes, apply a second layer. The gel will dry slowly and forms a well-ventilated covering, similar to a film, which protects the treated area of the skin. The Hyaluron acid film slowly emits the dissolving active agents into the skin.

## DERMAVISAGE PRODUCT/TREATMENT OVERVIEW

PRODUCTS	BASIC	REGENERATION	ACNE	STRETCH MARKS
EXFOLIATING ENZYME	😊	😊	😊 **	
PRE PEEL LOTION	😊	😊	😊	😊
POST PEEL LOTION	😊	😊	😊	😊
SUPER SERUM DAY	😊			
HYDRATING MASK	😊	😊	OPTION	
RECOVERY BALM	😊	😊		
HYDRATING MOISTURISER SPF15	😊			
SKIN ACTIVATOR		OPTION	😊	
OXYGENATING H F CREAM	😊			OPTION
RESTORING CREAM RICH				😊

# Contra-indications to Crystal Microdermabrasion

## NeuroDermatitis

Steroid based medication  
*(Wait 6 months after finishing course)*

Broken skin

Skin diseases / Infections

Cuts or abrasions

Hypersensitive skin

Eczema

Psoriasis

Extremely loose tissue

Broken veins

Inflammation or irritation of the skin

Diabetics

Active Acne

Sensitive skin with broken capillaries

Bruising

Sunburn

Botox *(Wait 6 weeks)*

Dermal Fillers *(Wait 8 weeks)*

Glycolic Peels *(Wait 12 weeks)*



Therapists providing treatment should conduct a thorough consultation with clients and if they have any reservations about suitability for treatment should refer the client back to their G.P.



Reassure your clients by allowing them to feel a sample of the crystals prior to their treatment

# Contra-actions of Crystal Microdermabrasion

Flushing of skin *(Erythema)*

Warm skin

Tingly *(usually due to products, not peeling)*

Taut skin *(worse if not using enough products)*

Minor irritation in specific areas

Skin prone to flushing later in the day after treatment

Some crystals left on the skin



# Crystal Microdermabrasion Treatments

## BASIC MICRODERMABRASION TREATMENT

A treatment in the DERMAVISAGE programme with the emphasis on microdermabrasion and the use of active agent concentrates. The skin is freed from hyperkeratosis and the skin cells receive an energy boost.

DURATION: Approx. 40 Minutes

EQUIPMENT: Cotton wool discs, gauze pads, mask brush, soft brush, tissues, spatulas.

TREATMENT PRODUCTS: Gentle Cleanser and Toner, Pre Peel Lotion, Exfoliating Enzyme, Post Peel Lotion, Hydrating Mask, Oxygenating High Frequency Cream, Recovery Balm

### PROCEDURE:

**Cleanse and tone** area to be treated.

Apply **Pre Peel Lotion** to the skin and allow to dry for a few moments (do not remove).

**Exfoliating Enzyme:** Apply a thin layer with a DRY mask brush and leave to take effect for approx. 5 minutes. Remove paste with a gauze pad applying a little pressure.

**DERMAVISAGE:** Conduct a general crystal microdermabrasion over the entire facial area, following the stroke sequence shown. Remove any crystals left on the skin with the Carlton Professional soft brush.

Apply **Post Peel Lotion** using a cotton disc and go over the face or the areas that have been treated. Leave to dry (do not remove) and continue the treatment.

Apply **Oxygenating High Frequency Cream** with a mask brush to the whole face and neck area and leave to penetrate for approx. 5 minutes. Oxygen Fluid will be absorbed completely.

Apply **Hydrating Mask** and leave to absorb for approx. 15 min. To remove, use clean damp cotton wool discs.

As a finishing care product use **Recovery Balm**.



## REGENERATING TREATMENT

The microdermabrasion treatment for the stimulation and regeneration of demanding skin. Hyperkeratosis is removed using the DERMAVISAGE. The cells receive an energy boost and the skin is much better able to absorb active agents. The skin becomes rosy, smooth and radiant.

DURATION: Approx. 60 Minutes

EQUIPMENT: Cotton wool discs, gauze pads, mask brush, soft brush, tissues, spatulas.

TREATMENT PRODUCTS: Gentle Cleanser and Toner, Pre Peel Lotion, Exfoliating Enzyme, Post Peel Lotion, Super Serum Day, Hydrating Mask, Recovery Balm.

### PROCEDURE:

**Cleanse and tone** area to be treated.

Apply **Pre Peel Lotion** to the skin and allow to dry for a few moments (do not remove).

**Exfoliating Enzyme:** Apply a thin layer with a DRY mask brush and leave to take effect for approx. 5 minutes. Remove paste with a gauze pad applying a little pressure.

**DERMAVISAGE:** Conduct a general microdermabrasion over the entire facial area, following the stroke sequence shown. Make additional passes over client's areas of concern.

Apply the following serum:

**Super Serum Day:** Neck and Décolleté

Apply to the complete area **Hydrating Mask** and leave to absorb for approx. 15 min. To remove, use clean damp cotton wool discs.

As a finishing care product use **Recovery Balm**

## ACNE SCARRING TREATMENT

Basic treatment for every skin type to improve scarring caused from acne, this will also help to reduce enlarged pores and improve skins overall tone and texture. Please note, this treatment is NOT suitable for use on active acne or any areas of broken skin.

DURATION: Approx. 45 Minutes

EQUIPMENT: Cotton wool discs, gauze pads, mask brush, soft brush, tissues, spatulas.

TREATMENT PRODUCTS: Gentle Cleanser and Toner, Pre Peel Lotion, Exfoliating Enzyme, Post Peel Lotion, Hydrating Mask (optional), Skin Activator (optional), Hydrating Moisturiser SPF15.

### PROCEDURE:

**Cleanse and tone** area to be treated.

Apply **Pre Peel Lotion** to the skin and allow to dry for a few moments (do not remove).

**Exfoliating Enzyme:** Apply a thin layer with a DRY mask brush and leave to take effect for approx. 5 minutes. Remove paste with a gauze pad applying a little pressure.

**DERMAVISAGE:** Conduct a general microdermabrasion over the entire facial area, following the stroke sequence shown. Remove any crystals left on the skin with the **Carlton Professional brush**. Any crystals left on the skin will lead to irritation when subsequent products are applied.

Apply **Post Peel Lotion** with a cotton wool disc to the treated areas; the lotion disinfects and calms.

Apply **Skin Activator** over irritated areas after intensive peeling.

Apply a layer of **Hydrating Mask** and allow to absorb for 10 – 15 minutes. To remove, use clean damp cotton wool pads.

Finally apply **Hydrating Moisturiser SPF15** with gentle massaging movements.



## STRETCH MARK TREATMENT

With the stretch mark treatment it is important to achieve a strengthening and tightening of the skin tissue. Therefore all DERMAVISAGE products are optimally prepared to achieve that effect.

DURATION: Approx. 30 Minutes

EQUIPMENT: Cotton wool discs, gauze pads, mask brush, soft brush, tissues, spatulas.

TREATMENT PRODUCTS: Gentle Cleanser and Toner, Pre Peel Lotion, Exfoliating Enzyme, Post Peel Lotion, Skin Activator, Oxygenating High Frequency Cream (optional), Restoring Cream Rich

### PROCEDURE:

**Cleanse and tone** area to be treated.

Prepare and dry the areas of the skin to be treated with **Pre Peel Lotion** (do not remove).

**Exfoliating Enzyme:** Apply a thin layer with a DRY mask brush and leave to take effect for approx. 5 minutes. Remove paste with a gauze pad applying a little pressure.

**Carry out Microdermabrasion with the DERMAVISAGE Strength of Vacuum to be set at a MAXIMUM of -8 PSI**

1) Apply the hand piece to the specific area, work down the stretch marks and healthy tissue at a medium to slow pace. **Do this only once.**

2) Next apply the hand piece to the specific area, work across the stretch mark and healthy tissue by moving across, and back in one stroke, follow moving across slightly overlapping the initial stroke. Lift hand piece off the skin and continue to work in this pattern for the remainder of the area, if internal punctual bleeding is visible then only work over the area once. If internal punctual bleeding does not occur then repeat procedure once more.

Remove any crystals left on the skin with the **Carlton Professional brush**. Any crystals left on the skin will lead to irritation when subsequent products are applied.

Apply **Post Peel Lotion** with a cotton wool disc to the treated areas; the lotion disinfects and calms.

Apply **Skin Activator** to the area treated.

Apply **Oxygenating High Frequency Cream** (optional).

Finally massage in the **Restoring Cream Rich**.

Depending on intensity carry out the treatment 1-2 times a week.

## HYPERPIGMENTATION / LIGHT-DAMAGE / AGE SPOTS

For treating areas of pigmentation caused by hormones, pregnancy spots/Chloasma, Berloque Dermatitis (due to furocumarin inclosing substances, ethereal oils i.e: Bergamot oil.

DURATION: Variable

EQUIPMENT: Cotton wool discs, gauze pads, mask brush, soft brush, tissues, spatulas.

TREATMENT PRODUCTS: Gentle Cleanser and Toner (of your choice), Pre Peel Lotion, Post-Peel Lotion, Skin Activator, Oxygenating High Frequency Cream, Restoring Cream Rich.

### PROCEDURE:

**Cleanse and tone** area to be treated.

Apply the **Pre Peel Lotion** to degrease the area and allow to dry for a few moments (do not remove).

**DERMAVISAGE:** Conduct a gentle general crystal microdermabrasion over the entire area following the stroke sequence shown. Over areas of pigmentation, return and work according to severity, skin type and area.

Remove any crystals left on the skin with the Carlton Crystal brush. Any crystals left on the skin will lead to irritation when subsequent products are applied.

Apply **Post Peel Lotion** with a cotton wool disc to the treated areas, the lotion disinfects and calms.

Apply **Oxygenating High Frequency Cream** in a thin layer and let penetrate.

Apply **Restoring Cream Rich** and gently massage in to aid penetration.

Depending on the intensity of the treatments, they can be repeated in periods of 4 – 6 days (but minimum once a week).







# Microdermabrasion Diamond Application

## Effects

- Partially removes Stratum Corneum
- Deep cleanses and refines skin tissue
- Relaxes muscle fibres
- Stimulates superficial and deeper tissues
- Stimulates cells renewal and rejuvenates aged and damaged skin
- Improves cellular function and regeneration
- Aids the removal of waste products
- Increases blood and lymph circulation
- Improves skin colour and aids the reduction of pigmentation
- Enhances the effectiveness of active ingredients
- Treats hyperkeratosis
- Reduces the appearance of scarring & stretch marks

## Benefits

**Pain Free:** Without reaching the critical peeling depth Diamond Peeling remains free of discomfort or pain.

**No risk of allergy:** The diamond chips used are completely inert and cannot cause a reaction.

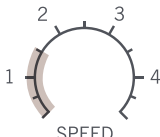

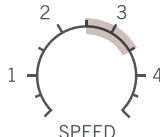
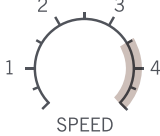
**Gentle:** The action of the Diamonds and the hand-piece is extremely gentle on the skin. As the pressure on the skin is completely controllable by the user, the strength of peeling can be reduced for sensitive areas such as the eyes or neck or increased for the less sensitive areas such as the forehead and cheeks.

# Diamond Microderm-abrasion Intensity Settings

## RECOMMENDED INTENSITY SETTINGS FOR PEELING SPEED:



Higher Peeling Speed - Better for sensitive skin  
Lower Peeling Speed- Better for pigmentation

<b>Peeling Speed 1:</b> Very slow		For pigmentation and deep peeling
<b>Peeling Speed 2:</b> Slow/Medium		For a deeper peeling in a general treatment
<b>Peeling Speed 3:</b> Medium		For a general treatment
<b>Peeling Speed 4:</b> Fast		For sensitive skin, or to "polish" the skin



The **SLOWER** the head is rotating, the more chance there is for each diamond chipping to abrade the skin, therefore giving a deeper treatment.

The **FASTER** the head is rotating, the less chance there is for each diamond chipping to abrade the skin, therefore they "glance" over the surface, giving a lighter treatment.

## CHOOSING THE CORRECT DIAMOND HEAD

<b>EXTRA COARSE DIAMOND HEAD</b>	(25mm, 50 Grit) Largest Size. 	This is the largest of the diamond heads, and is for treating the body only. It will provide maximum abrasion, and is therefore only recommended for treatment of the feet, back, elbows, knees, and anywhere with tougher skin. It must never be used on the face.
<b>COARSE DIAMOND HEAD</b>	(20mm, 80 Grit) Medium Size. 	These heads are suitable for use on the body, and on the face, providing your client's skin is not hypersensitive. This will provide an effective level of abrasion, and result in a smoother, more refined texture, as well as an increase in circulation to the area.
<b>MEDIUM DIAMOND HEAD</b>	(15mm, 120 Grit) Smallest Size. 	The smoothest of the 3 heads, it is suitable for use on the face, and is the ideal size for working into the contours of this area. The result will be a more gentle abrasion, leaving a smoother more refined skin. Imperfections will also be smoothed. Can also be used closer to the eyes, if exceptional care is taken.

# Contra-indications

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NeuroDermatitis

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Steroid based medication (Wait 6 months after finishing course)

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Broken skin

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Skin diseases / Infections

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Cuts or abrasions

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Hypersensitive skin

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Eczema

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Psoriasis

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Extremely loose tissue

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Broken veins

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Inflammation or irritation of the skin

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Diabetics

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Active Acne

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Sensitive skin with broken capillaries

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Bruising

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Sunburn

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Botox (Wait 6 weeks)

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Dermal Fillers (Wait 8 weeks)

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Glycolic Peels (Wait 12 weeks)

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*NB: Care should be taken to avoid raised moles and skin tags, so as not to cause discomfort.*

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Therapists providing treatment should conduct a thorough consultation with clients and if they have any reservations about suitability for treatment should refer the client back to their G.P.

**NOTE:**

All facial usual contraindications still apply. These are additional, and specific to microdermabrasion.



# Diamond Microdermabrasion Treatments

## DIAMOND PEELING FACIAL TREATMENT

A treatment in the DERMAVISAGE programme with the emphasis on microdermabrasion and the use of active agent concentrates. The skin is freed from hyperkeratosis and the skin cells receive an energy boost.

**DURATION:** Approx. 30 Minutes

**EQUIPMENT:** Cotton wool discs, gauze pads, mask brush, soft brush, tissues, spatulas.

**TREATMENT PRODUCTS:** Gentle Cleanser and Toner, Suitable Ampoules, Galvanic Gel (Sensitive or Dry), Suitable Moisturiser

### PROCEDURE:

**Settle the client** on the treatment couch and remove all jewellery.

Perform the relevant **sensation tests**, and **fill in a consultation form**.

#### Remove eye make-up.

Give a superficial **manual cleanse to face and neck**, using a suitable cleanser. Remove with sponges & warm water. Tone the skin, and blot dry. Ensure the skin is completely dry.

**Attach the Diamond Peeling Hand piece** to the Diamond Peeling outlet by pushing in and screwing into place.

**Choose the diamond tip which best suits your client's needs.** Insert firmly into the Hand piece. (Making sure the head 'clicks' twice into place).

**Select the Diamond Peeling function** on the machine, by pressing the Diamond Peeling Selector Button

**Ensure speed control is at minimum**, and choose which direction to rotate the Hand piece, via the Directional Rotation Switch; the diamond tip will start to rotate.

**Place applicator head onto neck**, and gently increase speed control until desired action is achieved. (The slower the speed, the more abrasive the treatment. The faster the speed, the more superficial the peeling will be, but friction will be created on the skin, so redness or heating of the tissue may occur)



The **SLOWER** the head is rotating, the more chance there is for each diamond chipping to abrade the skin, therefore giving a deeper treatment.

The **FASTER** the head is rotating, the less chance there is for each diamond chipping to abrade the skin, therefore they "glance" over the surface, giving a lighter treatment.

continued overleaf

Following the diagram, cover the whole of the face and neck once or twice as necessary (No more than 3 times). Always move upwards and outwards, and support the skin firmly. Move the head in small circular movements, in the direction of the rotation (i.e., do not 'fight' the rotation). When moving from one side of the face to the other, change the direction of rotation to ensure the skin is always being lifted, Via the Directional Rotation switch.

When treatment is complete, reduce speed control to minimum and switch off by ensuring the Directional Rotation Switch is sitting halfway between left and right – remove the Diamond Head from the Hand piece.

Apply half the contents of a suitable **ampoule** to your client's skin, and aid absorption with light effleurage movements.

Apply a layer of **Galvanic Gel**. If your client's skin is particularly dry, and you have seen a lot of skin shedding during the treatment, apply a generous layer of **Hydrating Mask**, and allow to penetrate in for 10 – 15 minutes.

Remove excess gel or mask with damp cotton wool pads. A cool temperature is recommended.

Apply **Moisturising Lotion** to complete the treatment.

After the treatment, use a stiff bristled brush & antibacterial soap to clean the diamond heads, and sterilise them in cold sterilising solution, or in an autoclave.



## DIAMOND PEELING HAND TREATMENT

Incorporate this into your treatments as a way of introducing your client to MDA, and to treat hard skin, hang nails, and tough cuticles.

DURATION: Approx. 30 Minutes

EQUIPMENT: Cotton wool discs, gauze pads, mask brush, soft brush, tissues, spatulas.

TREATMENT PRODUCTS: Gentle Cleanser and Toner, Suitable Ampoules, Galvanic Gel (Sensitive or Dry), Recovery Balm

### PROCEDURE:

**Settle the client** on the treatment couch and remove all jewellery.

Perform the relevant **sensation tests**, and **fill in a consultation form**.

**Cleanse and tone** the backs of the hands, and blot dry.

Ensure the skin is completely dry, and **choose the diamond tip which best suits your client's needs**. Insert firmly into the black handle. (Making sure the head 'clicks' twice into place).

**Select the Peeling function** on the machine by pressing the LEFT side of the rocker switch.

**Apply the head to the back of the hand**, and turn the intensity up slowly to the desired speed. Move the head in small circular movements, in the direction of the rotation (i.e., do not 'fight' the rotation). Cover the area twice, three times if necessary.

When treatment is complete, **reduce speed control to minimum** and switch off – remove the Diamond Head and replace black handle onto unit.

Apply half the contents of a suitable **ampoule** to your client's hands, and lightly effleurage in.

Apply a layer of **Galvanic Gel**. If your client's skin is particularly dry, and you have seen a lot of skin shedding during the treatment, apply a generous layer of **Hydrating Mask**, and allow to penetrate in for 10 – 15 minutes

**Remove excess gel** or mask with damp cotton wool pads. A cool temperature is recommended.

Apply **Recovery Balm** to complete the treatment.

After the treatment, use the brush provided to clean the diamond heads, and sterilise them in Sterilsafe cold sterilising solution, or in an autoclave.



# Client after care recommendations

Although the side effects of Microdermabrasion treatments are minimal there some essential after care recommendations.

## For 24 Hours after treatment:

Apply as much moisturiser as is needed  
Avoid touching the area with unwashed hands  
No heat treatments  
No swimming/exercise  
No perfumed products  
No make-up

## For the following 7 days:

No exfoliation  
No Sunbathing or Sun Beds  
Apply minimum of SPF15 or higher

## Recommended skincare products

MONUSKIN Hydrating Moisturiser SPF15  
MONUSKIN Tinted Moisturiser SPF15  
MONUSKIN Recovery Balm  
MONUSKIN Rich Cream Cleanser  
MONUSKIN Deep Repair Complex  
MONUSKIN Instant Soothing Serum  
MONUSKIN Nourishing Treatment Oil  
MONUSKIN Flash Relax Mask  
MONUSKIN Lip & Eye Active Lift

⊘ **Avoid exfoliation** at home when having a course of treatment, or exfoliation for minimum of 7 days after a 1 off session. Too much exfoliation removes dead skin cells and therefore all the skin's natural protection. We must allow the skin to protect itself and complete a natural cycle.

😊 Important to **nourish the skin**, so try to sell retail to help client

⊘ **Avoid touching** the area treated

⊘ **Avoid irritants** such as heat treatments (steam, sauna, sun beds), swimming (chlorine) gym/excessive exercise (sweat is drying and an irritant), perfumed products or makeup for 24 hours

😊 **Apply a MIN of SPF 15** every day after treatment (min 1 week)

☹ **Avoid MDA treatment before a holiday** (Sun/sand/sea all irritate)

⊘ **Avoid products with Retinol**





# Colour Therapy

Chromatherapy is a completely holistic, non/invasive, powerful therapy to encourage the body to begin to heal itself.

In the beauty and cosmetology industries, Chromatherapy is light therapy, where coloured lamps are used to stimulate and de-congest the skin and muscles.

Different colours are used to either stimulate the circulation and lymphatic flow, or to calm and de-congest areas.

Unlike other anti/ageing treatments that only work as a result of the body's response to controlled damage, Carlton's Colour Therapy Applicator stimulates natural processes to help rejuvenate the skin & body.

Directing coloured light towards the affected areas of the face or body can encourage physical healing. Commonly used in dermatological practice to treat psoriasis, blue light has also been shown to be effective in treating symptoms of jaundice in newborn babies. The light ray may cover the whole body or be focused on a specific body part.

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To achieve a range of effects, Carlton has introduced the Colour Therapy Applicator, utilising LED lights.

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LED therapy is a non/invasive procedure that activates skin cells with pulses of low/level, non/thermal light energy.

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# How does chromatherapy work on the skin?

LEDs do not produce harmful UVA or UVB rays, or infrared radiation; therefore, chromatherapy is a totally safe treatment. LED lights stimulate the basic energy processes in the mitochondria (the energy components) of each cell. Light applied in the correct wavelength and frequency stimulates inter-cellular communication, resulting in cell rejuvenation.

By shining coloured LED light onto an area continuously, there are noticeable effects on a skin cell. When the cells change, this results in the walls of the skin's capillaries being strengthened. This leads to improved oxygenation and detoxification of the skin. Water content (hydration) is increased and the ability of the skin to retain that moisture improves, thus contributing to a general anti/ageing effect.

Each colour represents a radiation of a specific wavelength, with different molecular effects. Colours also have different speeds and rhythms. The Colour Therapy Applicator attempts to balance the energy and health of the human body using the colour with the wavelength, speed and rhythm that resonates best with a particular problem or skin concern.

## Colour wavelength and penetration

By adjusting the lights so that they pulse, even greater effects can be noticed. When the selected colour penetrates down to the appropriate layer, that colour's wavelength causes a change in the cells. Experiments performed by NASA suggest that a constant light penetrates between 6cm – 23cm into the tissue. Choose the colour and depth of penetration to suit the client and their condition, bearing in mind that constant light affects every layer, all the way down. Possibly as far as muscle and bone??

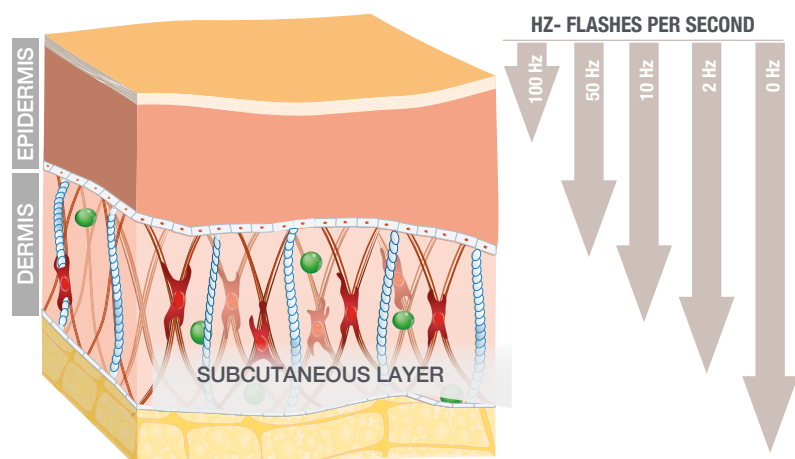
100Hz: 100 flashes a second,  
reaches the epidermis

50Hz: 50 flashes a second,  
reaches the dermis

10Hz: 10 flashes a second,  
reaches the circulatory &  
lymphatic system

2Hz: 2 flashes a second,  
reaches the subcutaneous fatty  
tissue

0Hz: Constant light, not flashing  
reaches every layer





# Chromatherapy Application

## Recommended treatment areas

Increases blood flow and cell rejuvenation.

Improves the function of; Immune, lymphatic, nervous and vascular systems.

Effective anti-cellulite treatment.

Helps to fade skin discolouration

Helps to smooth the skin

Promotes the production of new collagen

Relieves inflammation and swelling

Calms allergies and acne

## Benefits

No side effects, downtime or pain

safe and effective for all skin types

Non-invasive, non-ablative and non-thermal so there's no injury to the skin surface

Fast and convenient: Treatments can take as little as 5 minutes

Can be used to treat large areas such as the entire face or chest

Comprehensive anti-ageing system

Compatible with other skin rejuvenation techniques

# Effects and Benefits of Colour

The effects are different for each colour, and each pulse mode, but the flexibility this allows enables the therapist to tailor-make the treatment specific to each client's needs.

When the selected colour penetrates down to the appropriate layer, that colour's wavelength causes a change in the cells.

The Carlton Colour Therapy Applicator has 4 different colour light selections available to the therapist. The effects associated with each colour are as follows:

RED	BLUE	GREEN	YELLOW
Warming	Cooling	Cooling	Warming
Rejuvenating	Calming	Calms emotions	Toning
Energising	Relaxing	Gives harmony	Toning for muscles
Increases blood flow and cell rejuvenation.	Soothing	Regenerates	Anti-ageing
Activates & improves the function of the immune system, lymphatic system, nervous system and vascular system.	Anti-spasmodic	Relaxes muscles	Helps to smooth the skin
The best light to use to perform an anti-cellulite treatment.	Relieves inflammation	Speeds up lymph flow.	Promotes the production of new collagen
Good for slimming, and eases stiffness in joints.	Reduces swelling	Cools a fever	Good stimulant for the sensory & motor nervous system
Empowering	Eases insomnia	Helps to relieve redness	Lifts depression
Facilitates fast & positive changes	Eases hyper excitability conditions	Strengthens immune & endocrine systems	Increases energy, willpower & creativity
Associated with the root chakra	Calms allergies and acne	Helps to reduce wrinkles	Improves memory function & ability to concentrate
	Helps in the elimination of toxins.	Helps to fade skin discolouration if used regularly, as it helps to block tyrosinase, which is the enzyme that signals the production of melanin; therefore can help to fade freckles.	Speeds the learning process & breaks mental blocks
	Antiseptic, Germicidal & Antibacterial	Promotes creativity	Helps in adapting to sudden changes/situations
	Eases headaches and fevers	Associated with the heart chakra	Associated with the Solar Plexus
	Alleviates stress & tension in the jaw, neck & shoulders		
	Facilitates understanding		
	Associated with the throat chakra		



# Colour References and Benefits

Light applied in the correct wavelength stimulates inter-cellular communication, resulting in cell rejuvenation. Increased cellular activity, improved natural repair, and creation of healthy skin conditions also follow. Having a healthy skin condition also allows the cells to regenerate faster and more effectively, thus contributing to a general anti-ageing effect.

The lower the Hz, the deeper the current (or in this case, the light) will penetrate. It is possible to see, by pressing the pulse button, which pulse phase you are in, as the light will visibly pulse/flicker; faster for a higher Hz, and slower for a lower Hz.

**Press the Frequency button once for 100Hz, twice for 50Hz, three times for 10Hz, and four times for 2Hz. A fifth press will return the colour to constant.**

The Carlton Colour Therapy Applicator has 4 different colour light selections available to the therapist. The effects associated with each colour are as follows:



The pulse frequencies available within the Carlton Colour Therapy Applicator are as follows;

**0Hz: Constant**  
(Not pulsing)

**100Hz: Stimulating for the epidermis**

**50Hz: Stimulating for the dermis**

**10Hz: Stimulating for the subcutaneous tissues**

**2Hz: Deep stimulation to the circulatory system**



**Choose a maximum of 2 colours on any one area.**

For the face & neck, 10 minutes total treatment time is sufficient.

It is also possible to pulse the colour, to tailor make the treatment even further.

	RED	BLUE	GREEN	YELLOW
<b>0Hz (Constant)</b>	Deepest colour penetration. Use to stimulate all areas before choosing a specific Hz			
<b>2hz (pulsed)</b>	Increases blood flow. Activates & improves the function of the immune, lymphatic, nervous and vascular systems. Decreases inflammation	Relieves inflammation, Reduces swelling, aids elimination of toxins, Anti-spasmodic	Regenerates, Relaxes Speeds up lymph flow, Strengthens the immune system & stimulates the hormonal system, Anti-inflammatory	Tones the muscles, Promotes production of new collagen
<b>10hz (pulsed)</b>	Anti-cellulite treatment	Reduces swelling, Aids elimination of toxins	Speeds up lymph flow, Anti-inflammatory	Stimulates the sensory & motor nervous systems
<b>50hz (pulsed)</b>	Calms eczema. Rejuvenating Warming	Calms acne condition Helps eliminate toxins, Normalises sebum production	Cooling, calming, Regenerates, Relaxes, Relieves redness, Helps to fade skin discolourations	Warming, Toning, Anti-ageing, Smooths the skin
<b>100hz (pulsed)</b>	Calms eczema. Rejuvenating Warming	Calms allergies, reduces swelling, Antiseptic, Germicidal, antibacterial	Cooling, calming, Regenerates, relaxes	Warming, toning, Anti-ageing, Smooths the skin

# Contra-indications

As with all pieces of electrotherapy equipment caution should always be exercised. However, although there are no absolute contraindications to colour therapy treatments, care should be taken when using the applicator on clients with the following conditions:

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Photosensitive Epilepsy

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Migraine sufferer

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Porphyria

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Albinism

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Clients with a tendency towards psychological disorders

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*(Porphyria is a group of genetic disorders. When porphyrins build up in the blood, they cause rashes that can be brought on by sunlight)*

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It should also be noted that if the therapist suffers with migraines, tendency towards psychological disorders, or photosensitive epilepsy, they should avoid performing this treatment.

# Colour Therapy Treatments

The following treatments detail a colour therapy session, which is not combined with any other treatment; if you are combining colour with another type of treatment, always perform the colour therapy at the end of the session, and substitute the suggested products for those that may be more appropriate to your client.

## CHROMATHERAPY FACIAL TREATMENT

Cleanse & tone the face and neck, and follow with a light exfoliant suited to the client's skin type. Ensure the face is clean and dry.

Apply the ampoule suited to your clients' skin condition. A list of ampoules and serums is available on request. Apply at least half the contents of one ampoule to the client's skin, and lightly effleurage in.

Apply a thin layer of the Iontophoresis Gel most suited to your clients skin condition. (Dry, Sensitive, Greasy, Dilated Capillaries, or Normal)

Place the goggles over the client's eyes, and ask them to keep their eyes closed.

Put the applicator onto the neck, and hold it in place.

Using the buttons on the applicator, turn the unit on, and select the appropriate colour for the skin condition you are treating.

Using the buttons on the applicator, select the appropriate Hz setting for your treatment

Move the applicator in a slow and methodical manner, working towards the main lymph nodes of the face and neck. Cover the skin a minimum of 3 times, working for between 5 to 15 minutes.

Finish the treatment by removing any excess gel from the area. Apply the appropriate moisturiser to your client's skin, and go through homecare advice.

Choose the appropriate colours and frequencies for your client's skin. Finish with the chakra balancing routine.





Once you have performed the basic Chromatherapy Facial Treatment you may wish to complete the following routine :

#### **CHAKRA BALANCING (UPPER BODY)**

Switch the applicator to BLUE, at 0Hz (Constant, not pulsing). Place your hand on your client's Crown Chakra at the top of the head. Place the applicator over the Third Eye Chakra (Between the eyebrows), and hold in place for 1 minute.

Keep your hand on the crown chakra and place the applicator over the Throat Chakra (Over the Adam's apple), and hold in place for 1 minute

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Keep your hand over the Crown Chakra. Switch the applicator to GREEN at 0Hz (Constant, not pulsing). Place the applicator over the Heart Chakra (In the centre of the chest, in direct contact with the skin), and hold in place for 1 minute.

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Keep your hand over the Crown Chakra. Switch the applicator to YELLOW at 0Hz (Constant, not pulsing). Place the applicator over the Solar Plexus Chakra (In the centre of the body, at the bottom of the sternum, in direct contact with the skin), and hold in place for 1 minute.

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Remove the applicator from the body, and remove your hand from the Crown Chakra.

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#### **Results**

Chromatherapy is a non-invasive treatment but has fantastic results.

Most clients will see results after one session but for long lasting results clients will need to commit to a course .



#### **Do not look directly into the LEDs**

When treating the face, always ensure the client is wearing goggles, and that they also have their eyes closed.

Do not keep the applicator head still directly over the eye area.

When the light is on, always hold firmly so that the light is directed downwards, away from the therapist's or client's eyes.



**It is important to clean the applicator head after each use**, by wiping over with a Sterilsafe or AZO wipe.

Ensure the lead is kept off the floor, and ensure the applicator is safely stored when not in use.

The following order of work details settings for an anti-cellulite treatment. Of course, this may be adapted to suit your client's needs, by reviewing the accompanying charts.

## CHROMATHERAPY BODY TREATMENT (ANTI-CELLULITE)

For best results, and to stimulate the skin cells, begin the treatment by lightly exfoliating the areas concerned; either by body brushing, Microbrushing, or applying an AHA serum, or a manual exfoliant.

You may wish to apply some Carlton Anti-Cellulite Gel to the area, to aid in the breakdown of cellulite.

Put the Colour Therapy Applicator onto the area to be treated, and hold it in place. Turn the applicator on.

Using the buttons on the applicator, select the RED light.

Select a 10Hz frequency, to stimulate the subcutaneous tissues.

Move the applicator in a slow and methodical manner, in lines towards the main lymph nodes, covering the entire area to be treated at least twice. (See diagrams)

After treating each area, select a BLUE light, and a 2Hz frequency, to stimulate the circulatory system and eliminate toxins. (See diagrams)

Move the applicator in slow methodical movements, covering each line once only.

After treating the body, you may wish to complete the Chakra Balancing Routine

Finish by applying an anti-cellulite cream to the treated areas, and discuss appropriate homecare with your client.



*If you are treating your client for alternative conditions, select the appropriate colour and frequency for this condition instead.*

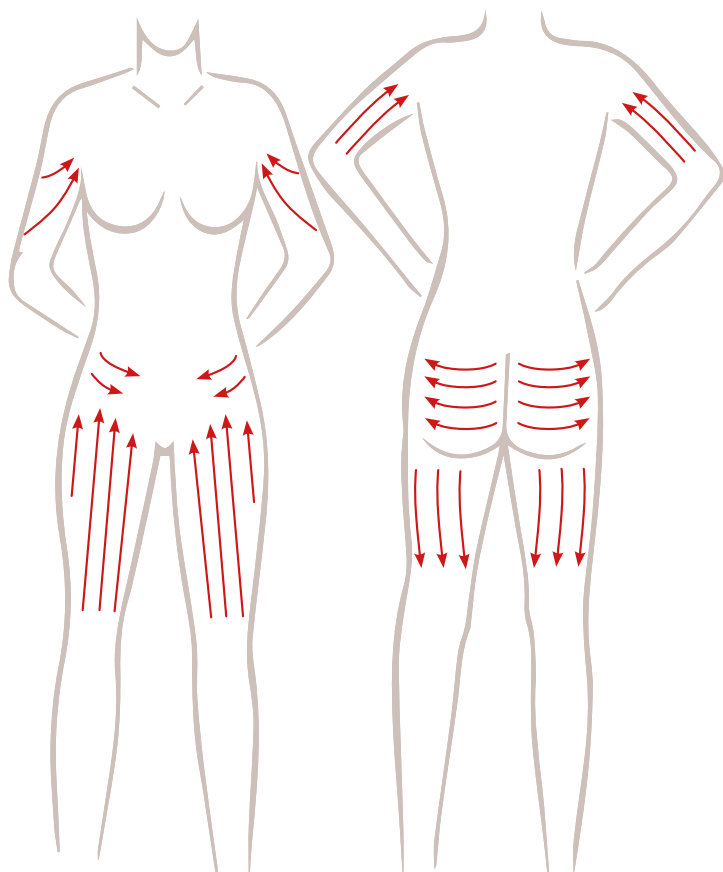


## CHAKRA BALANCING (LOWER BODY)

Place your hand over the Sacral Chakra (On the lower abdomen). Switch the applicator to RED at 0Hz (Constant, not pulsing), and shine the light towards the Root Chakra (Towards the base of the spine). Keep in place for 1 minute.

Keeping your hand over the Sacral Chakra, switch the applicator to YELLOW at 0Hz (Constant, not pulsing), and place onto the Solar Plexus, in direct contact with the skin. Keep in place for 1 minute





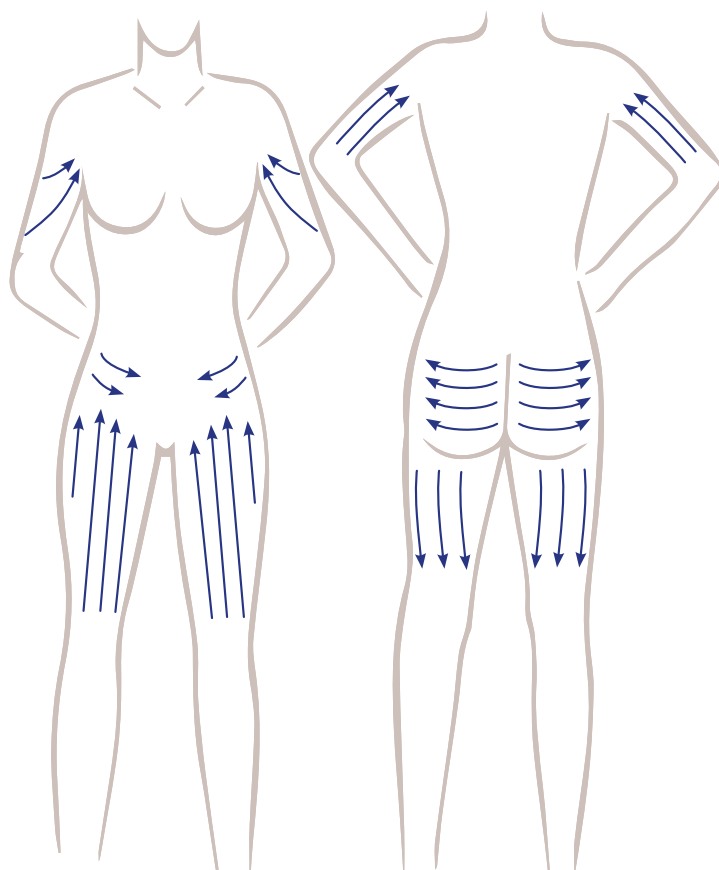
Using the buttons on the applicator, select the **RED light**.

Select a 10Hz frequency, to stimulate the subcutaneous tissues.

Follow the sequence illustrated

After treating each area, select a **BLUE light**, and a 2Hz frequency, to stimulate the circulatory system and eliminate toxins.

Follow the sequence illustrated



# Client after care recommendations

As the side effects of Colour Therapy treatments are negligible there are no essential after care recommendations. However, we would always recommend that clients avoid direct sunlight and commit to using SPF 15+ and practice a regular skincare routine using recommended products suitable for their skin type or condition.

## Recommended skincare products

MONUSKIN Hydrating Moisturiser SPF15

MONUSKIN Tinted Moisturiser SPF15

MONUSKIN Recovery Balm

MONUSKIN Rich Cream Cleanser

MONUSKIN Deep Repair Complex

MONUSKIN Instant Soothing Serum

MONUSKIN Nourishing Treatment Oil

MONUSKIN Flash Relax Mask

MONUSKIN Lip & Eye Active Lift





# How to sell the treatments

**For best results courses should be taken in twelve sessions, every 5 days.**

For the purposes of pricing, you wouldn't treat for any longer than 30 minutes in a session, and then add time, depending on which treatments/products you team it with

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**Be commercially attractive to all budgets,**

We recommend you also offer shorter courses. Try an introductory offer to get clients in for that first treatment, then you will have the opportunity to upsell.

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**Offer courses of 6 and 12.**

Offer 4 for the price of 3 as a one off "try me" promotion

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**Create a Deluxe Treatment**

An extended procedure gives you the opportunity to include massage, masks, and ampoules

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**Create a bespoke facials**

Include electrical treatments, masks, ampoules, serums. Also tier the facial, Platinum, Gold and Silver - price accordingly

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**Combine with other treatments** for the ultimate electrical anti-ageing treatment

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